

AL - Allergies

AL-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the physiology of allergic response.

STANDARDS:

1. Review anatomy and physiology as it relates to the patient's disease process and its relationship to the patient's activities of daily living.
2. Explain that allergic response is a collection of symptoms caused by an immune response to substances that do not trigger an immune response in most people, e.g., food allergies; hay fever; allergy to mold, dander, and dust; drug allergies.
3. Explain that allergies are common. Heredity, environmental conditions, numbers and types of exposures, emotional factors (stress and emotional upset can increase the sensitivity of the immune system), and many other factors indicate a predisposition to allergies.
4. Explain that allergies may get better or worse over time and that new allergies may appear at any time.

AL-FU FOLLOW-UP

OUTCOME: The patient/family will recognize the importance of routine follow-up as an integral part of healthcare and maintenance.

STANDARDS:

1. Discuss the importance of routine follow-up by the primary provider, registered dietitian, and community health services as applicable.
2. Assess the need for additional follow-up and make the necessary referrals.

AN-L LITERATURE

OUTCOME: The patient/family will receive literature about allergy reactions.

STANDARDS:

1. Provide the patient/family with literature on allergies.
2. Discuss the content of the literature.

AN-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand what lifestyle adaptations are necessary to cope with the patient's allergies.

STANDARDS:

1. Assess the patient and family's level of acceptance of the disorder.
2. Review the lifestyle areas that may require adaptations, e.g., diet, physical activity, avoidance of environmental allergens/triggers.
3. Explain that treatment varies with the severity and type of symptom.
4. Emphasize that avoidance of the allergen is the best long-term treatment, particularly with allergic reaction to foods or medications.

AL-M MEDICATIONS

OUTCOME: The patient/family will understand the goals of drug therapy, the side effects of the medications, and the importance of fully participating in the medication regimen.

STANDARDS:

1. Review the mechanism of action for the patient's medication.
2. Discuss the proper use, benefits, and common side effects of the patient's prescribed medications. Review the signs of possible medication toxicity as indicated.
3. Emphasize the importance of taking the medications as prescribed.

AN-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient and family will have an understand of the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

AL-N NUTRITION

OUTCOME: The patient/family will understand that a true food allergy is an immune response with a reaction usually within two hours.

STANDARDS:

- 1 Discuss the importance of avoiding known food allergens. If the allergen is not know, the patient/family can use the elimination diet to discover what is causing the reaction.
- 2 Encourage the patient/family to keep a food diary to record reactions.
- 3 Emphasize the importance of reading all food labels. Instruct the patient/family as necessary.
- 4 Refer to a dietitian for assessment of nutritional needs and for appropriate treatment as indicated.

AL-TE TESTS

OUTCOME: The patient/family will understand the tests to be performed and the possible results.

STANDARDS:

1. Explain that testing may be required to determine if the symptoms are an actual allergy or caused by other problems.
2. Explain the testing procedure to the patient/family.
3. Discuss the possible results of testing with the patient/family.
4. Explain that history is important in diagnosing allergies, including whether the symptoms vary according to the time or the season and possible exposure that involve pets, diet changes, or other sources of allergens.
5. Explain that allergies may alter the results of some lab tests.